Focus: Stroke Lactic Acid with Recovery

Warmup:

500 whatever makes you feel good

10x 50’s: kick. 1-5: flutter; 6-10 dolphin

3x 200’s Free. 1 kick focus, 2 pull focus. 3 for time

5x 100 I.M.’s: fast intervals

12x 50’s Free: underwater dolphin or pull downs on odd laps, build to sprint finish on evens

7x 100’s Free:

1-3: slow interval; fast time

4-6: fast interval; fast time

7: timed 100

4x 100’s free/fly

1-3: 50 free, 50 fly (1st lap dolphin at least ½ way underwater, 2nd lap build to race finish.

#4: timed 100

8x 50’s: back

1-3: underwater dolphin, build to sprint finish

#4 timed 50

5-7: back kick with arms at legs, build to sprint finish

#8 timed 50

7x 85’s: Breast

1-3: underwater pull downs for first 50, build to sprint finish

#4 timed 50

5-6: underwater, swim, build to sprint finish

#7 timed 50